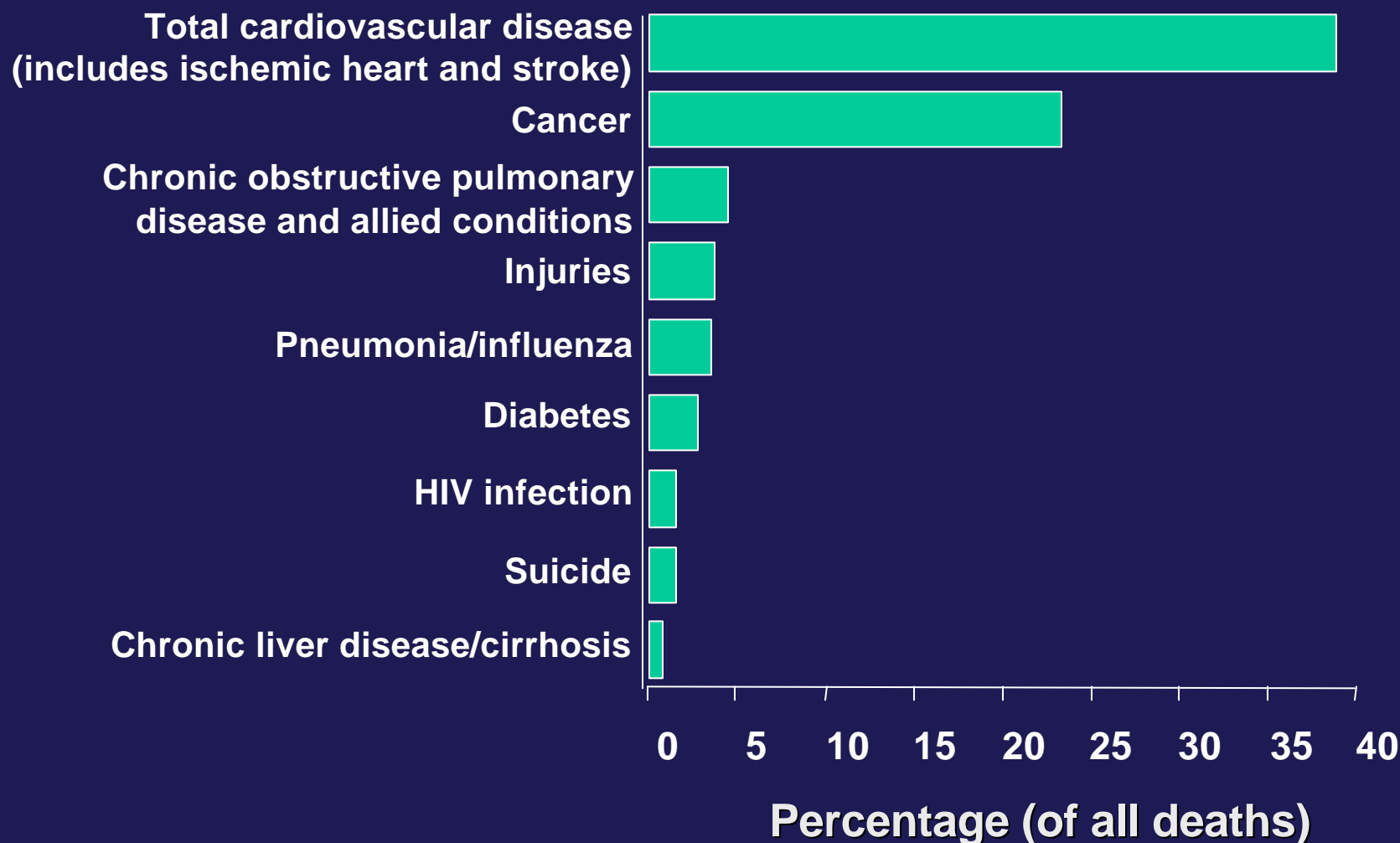


National and State Public Health Trends

**Greg Wilson, M.D.
State Health Commissioner**

Chronic Diseases and Related Risk Factors

Most Common Causes of Death, United States, 1996

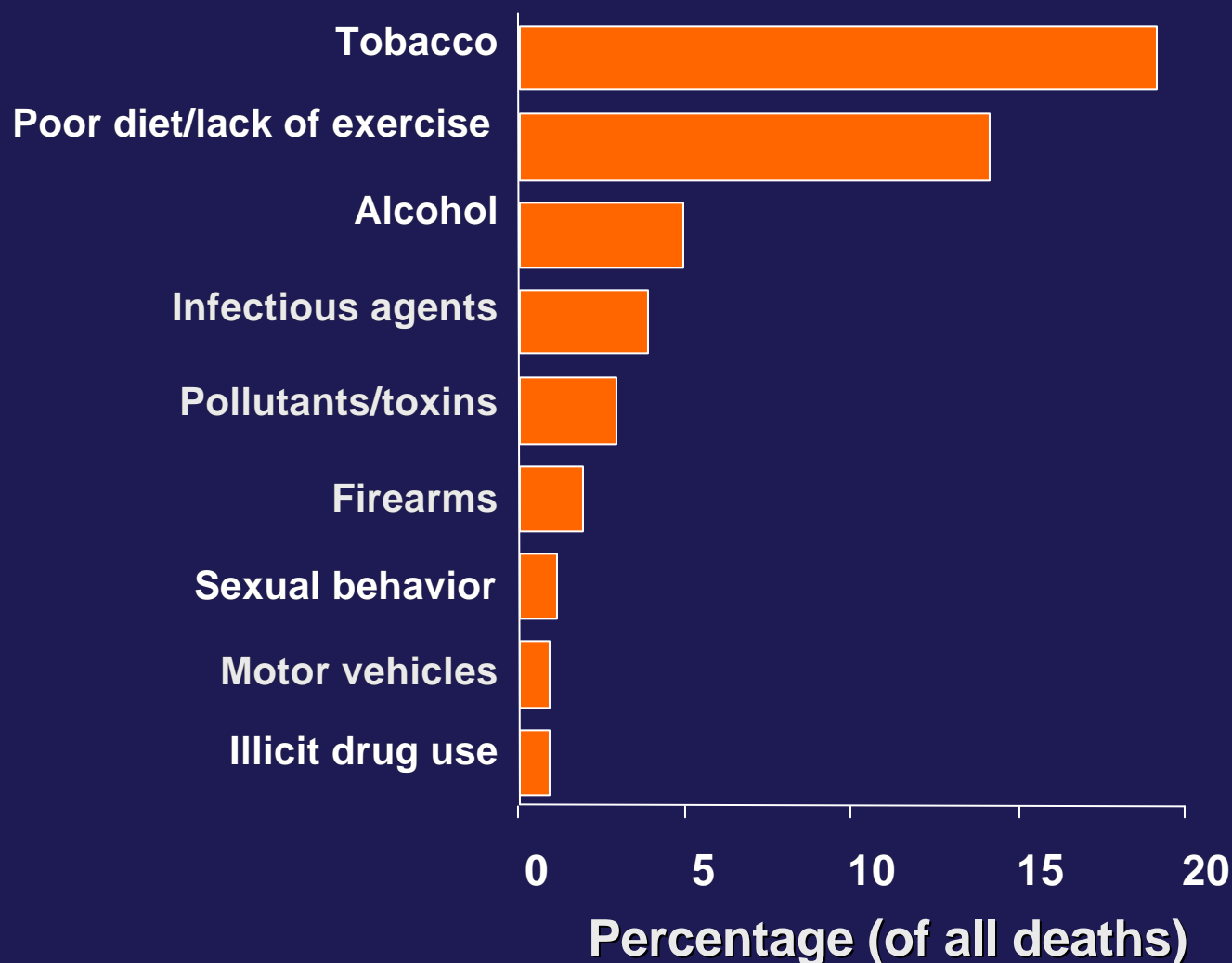


National Vital Statistics Report; 47 (9) November 10, 1998

Note: Dark shading denotes chronic conditions and risk behaviors

Chronic Diseases and Related Risk Factors

Actual Causes of Death, United States, 1990



McGinnis JM, Foege WH. Actual causes of death in the United States. JAMA 1993; 270:2207-12

Note: Dark shading denotes chronic conditions and risk behaviors

U.S. vs. Indiana Statistics

	U.S.	Indiana
Total Mortality per 100,000)	886	944 (ranked 38th)
Prevalence of Smoking	22.9%	27.4% (ranked 46th)
Premature Death (years lost before age 75)		
White	7,045 yrs.	7,453 yrs. (ranked 37th)
African-American	14,217 yrs.	15,120 yrs. (ranked 42nd)
Hispanic	9,723 yrs.	4,092 yrs. (ranked 9th)

Ranking is from 1-best to 50-worst

Statistics from United Health Foundation Report, 2002 Edition

U.S. vs. Indiana Statistics

	U.S.	Indiana
Occupational Fatalities (per 100,000)	4.9	6.3 (ranked 32nd)
Heart Disease (deaths) (per 100,000)	277	291 (ranked 36th)
Cancer Cases (per 100,000)	209	225 (ranked 46th)

Ranking is from 1-best to 50-worst

Statistics from United Health Foundation Report, 2002 Edition

U.S. vs. Indiana Statistics

	U.S.	Indiana
Adequacy of Prenatal Care	76%	74% (ranked 31st)
Infant Mortality (deaths - 2001) (per 1,000 births)	7.1	7.7 (ranked 32nd)
Percent uninsured	14%	11.8% (ranked 22nd)

Ranking is from 1-best to 50-worst

Statistics from United Health Foundation Report, 2002 Edition

Minority Health Disparities

African-American

(Death rates compared to White)

- **Heart Disease death rate is 1.4 times higher**
- **Cancer death rate is 1.4 times higher**
- **Stroke death rate is 1.5 times higher**
- **Diabetes death rate is 2.6 times higher**

Minority Health Disparities

African-American

(Death rates compared to White)

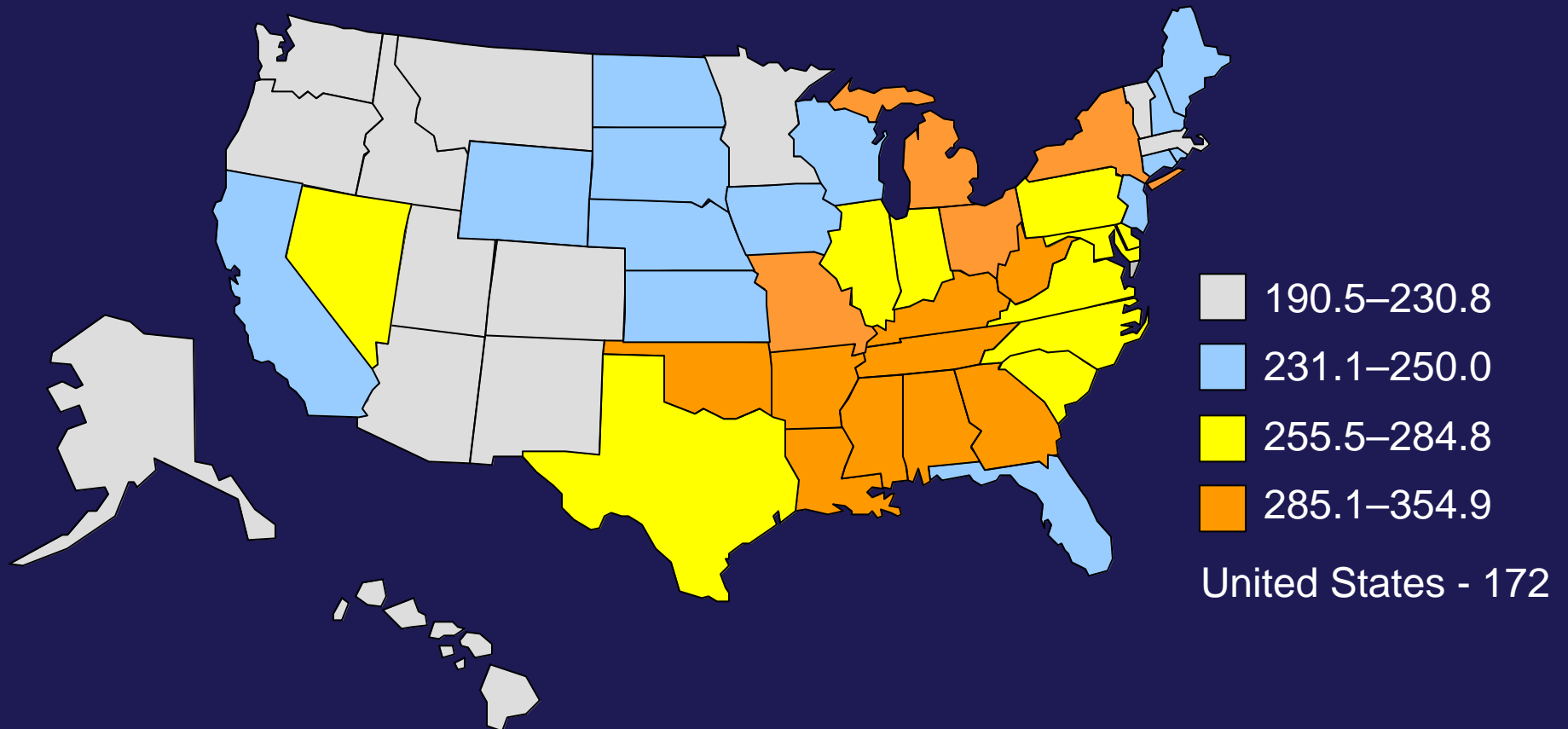
- **Infant Mortality rate is 2.3 times higher**
- **AIDS death rate is 3.5 to 5 times higher**
- **Homicide death rate is 13 times higher**

Hispanic (*Data Incomplete*)

- **Diabetes death rate is 1.7 times higher**

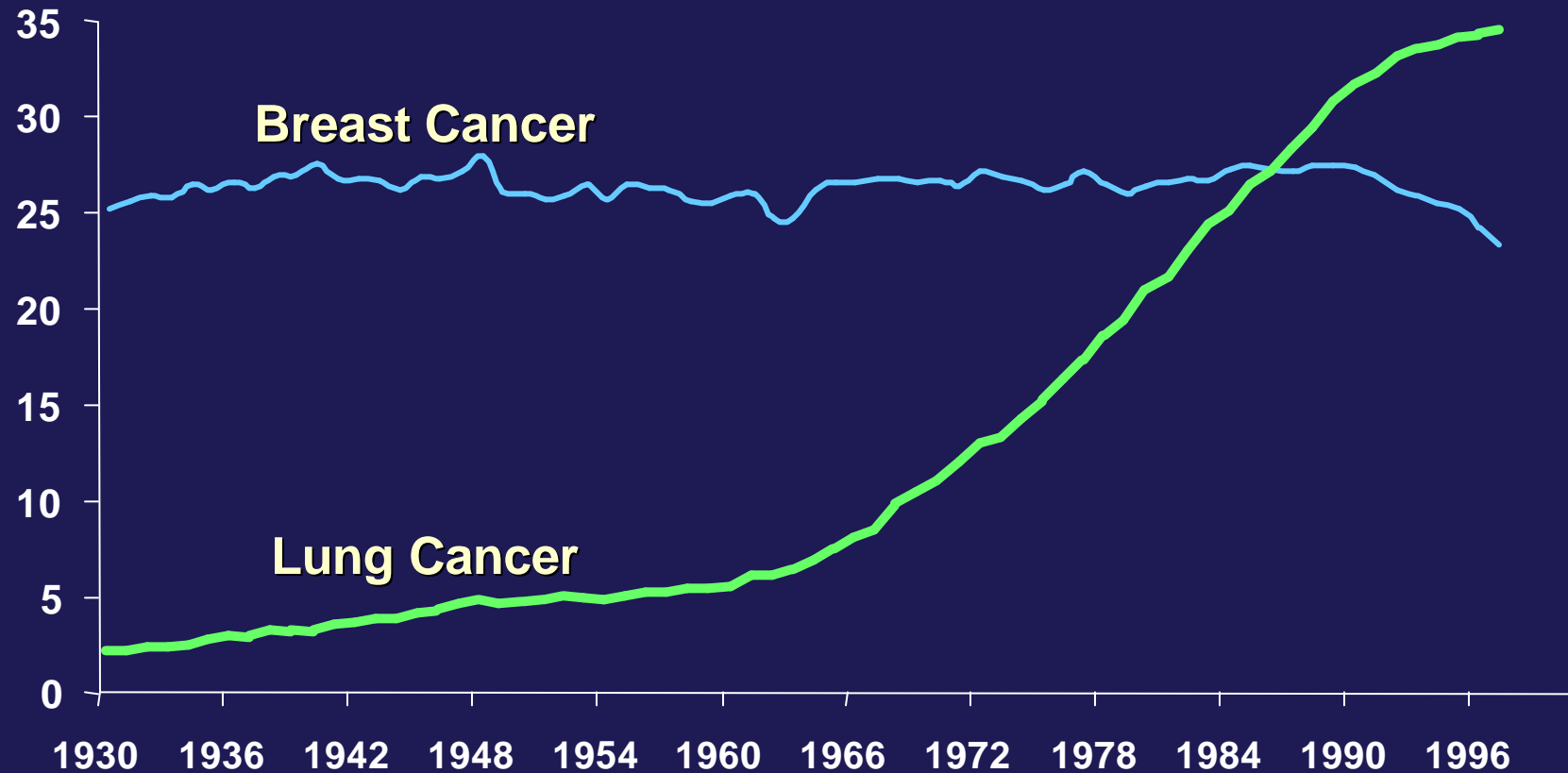
Total Cardiovascular Disease Deaths, 1999

Age-adjusted death rates per 100,000 population



Source: National Vital Statistics System, National Center for Health Statistics, CDC

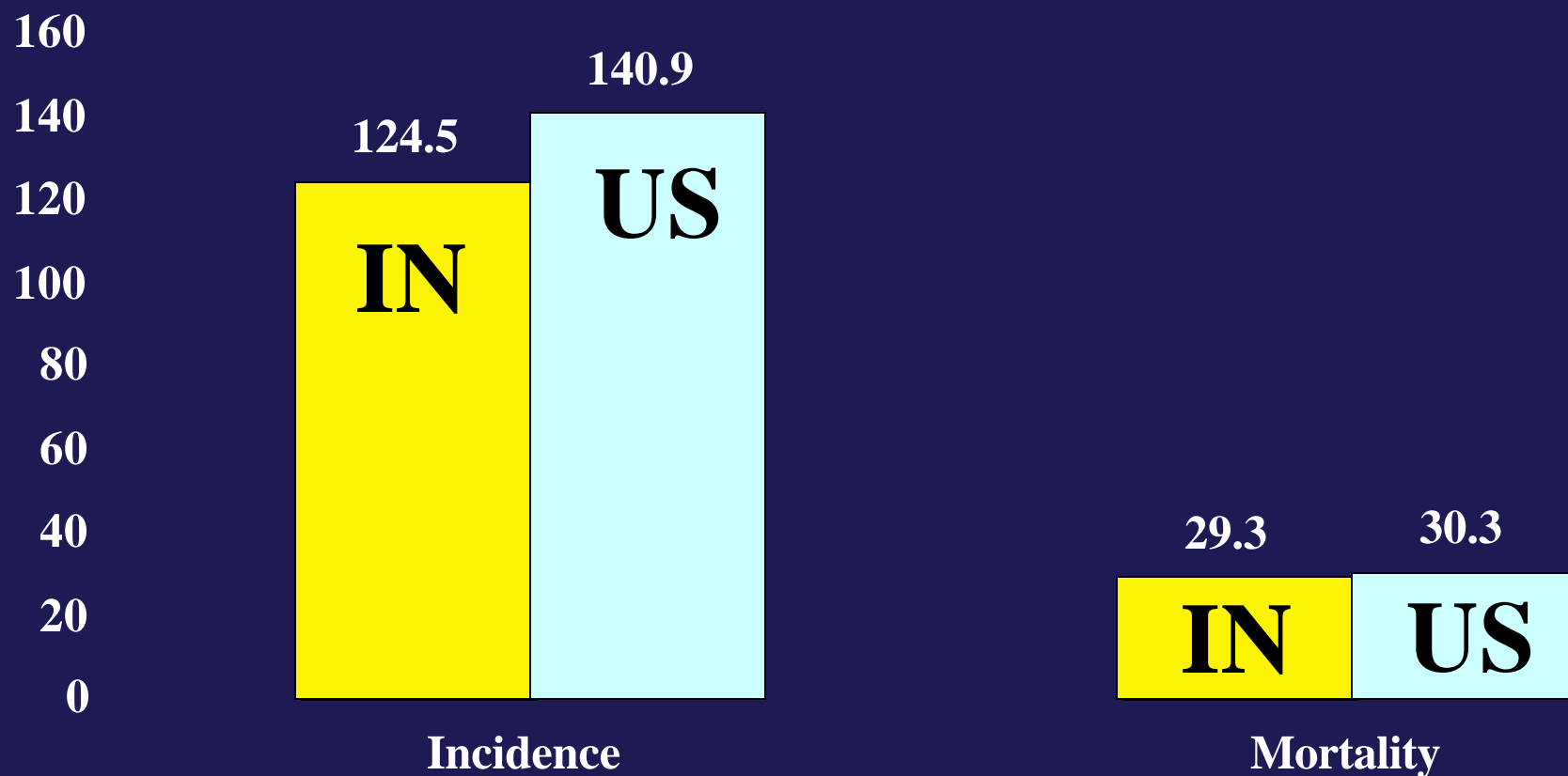
Age-adjusted Death Rates for Lung Cancer and Breast Cancer Among Women, United States, 1930–1997



Note: Death rates are age-adjusted to the 1970 population.

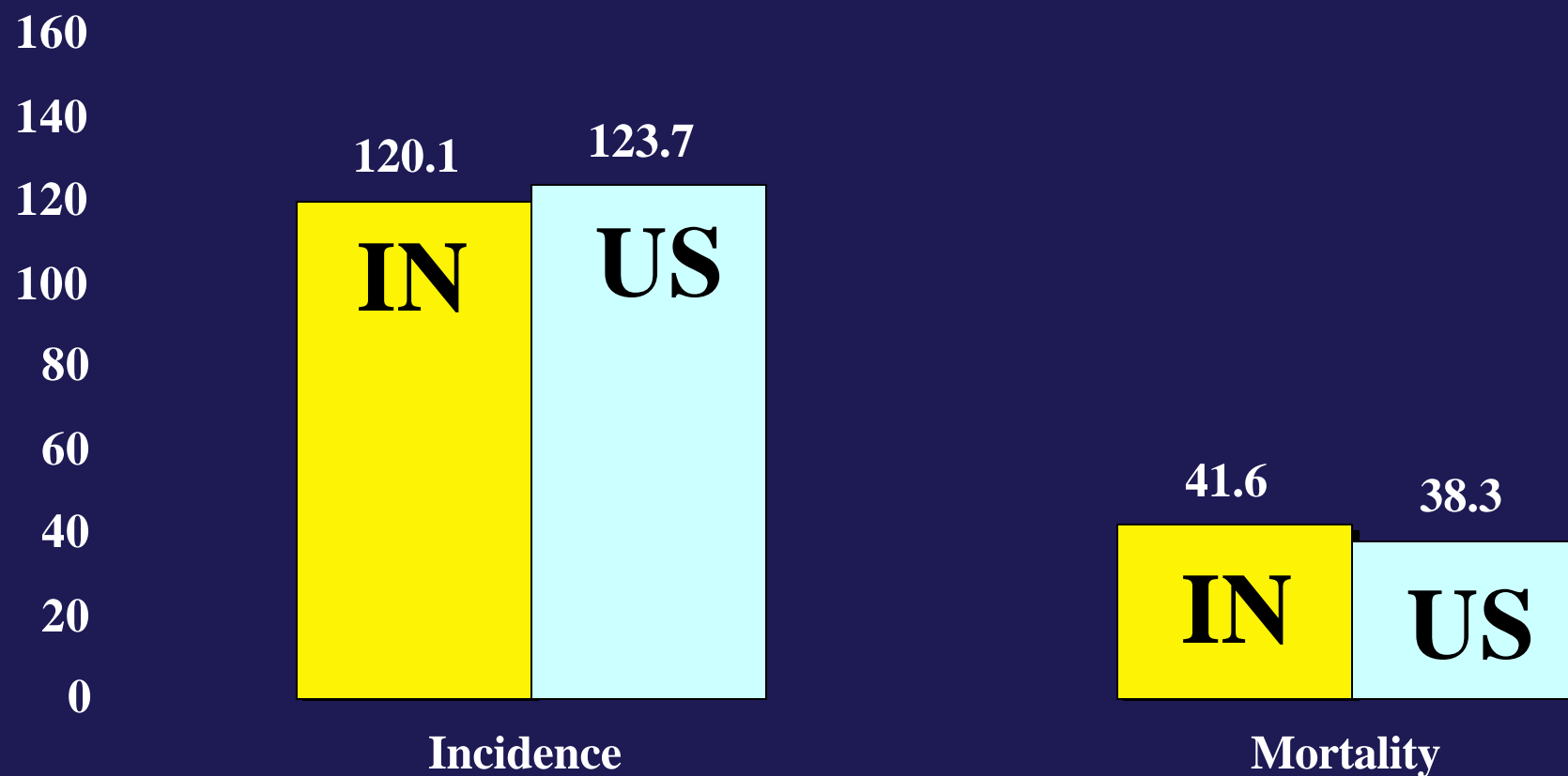
Sources: Parker et al. 1996; National Center for Health Statistics 1999; Ries et al. 2000; American Cancer Society, unpublished data.

Breast Cancer in White Populations 1995-98



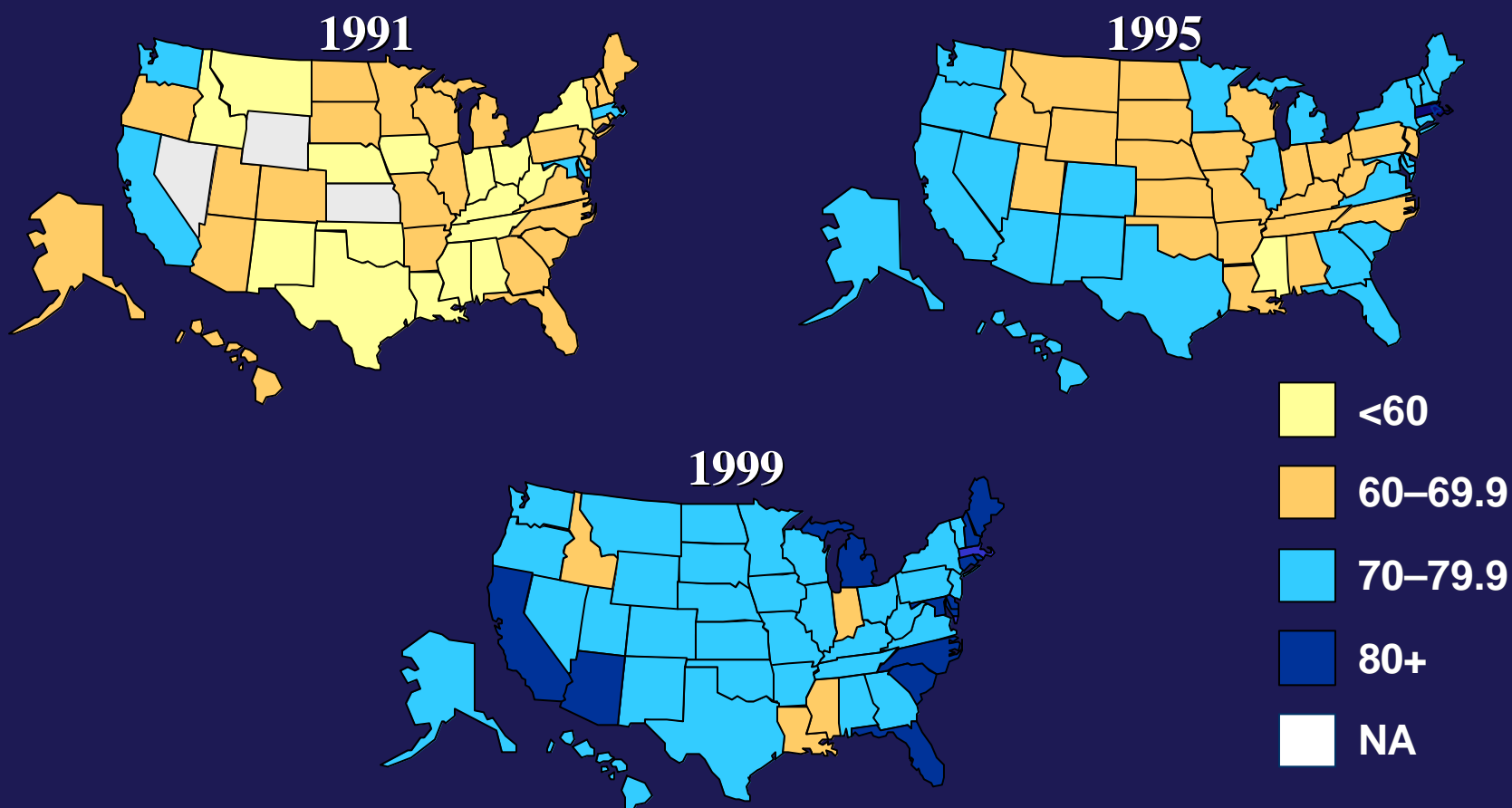
*Incidence and mortality rates are age-adjusted to the US 2000 standard million. Indiana incidence data source - Indiana State Cancer Registry (1995-1998); US incidence data source - SEER (1995-1999) ; Indiana and US mortality data source - CDC Wonder (1995-1998).

Breast Cancer in African-American Populations, 1995-98



*Incidence and mortality rates are age-adjusted to the US 2000 standard million. Indiana incidence data source - Indiana State Cancer Registry (1995-1998); US incidence data source - SEER (1995-1999) ; Indiana and US mortality data source - CDC Wonder (1995-1998).

Percentage of Women 50 Years of Age or Older Who Reported Having Had a Mammogram Within the Past 2 Years, United States



Source: Behavioral Risk Factor Surveillance System

BRFSS, 1985

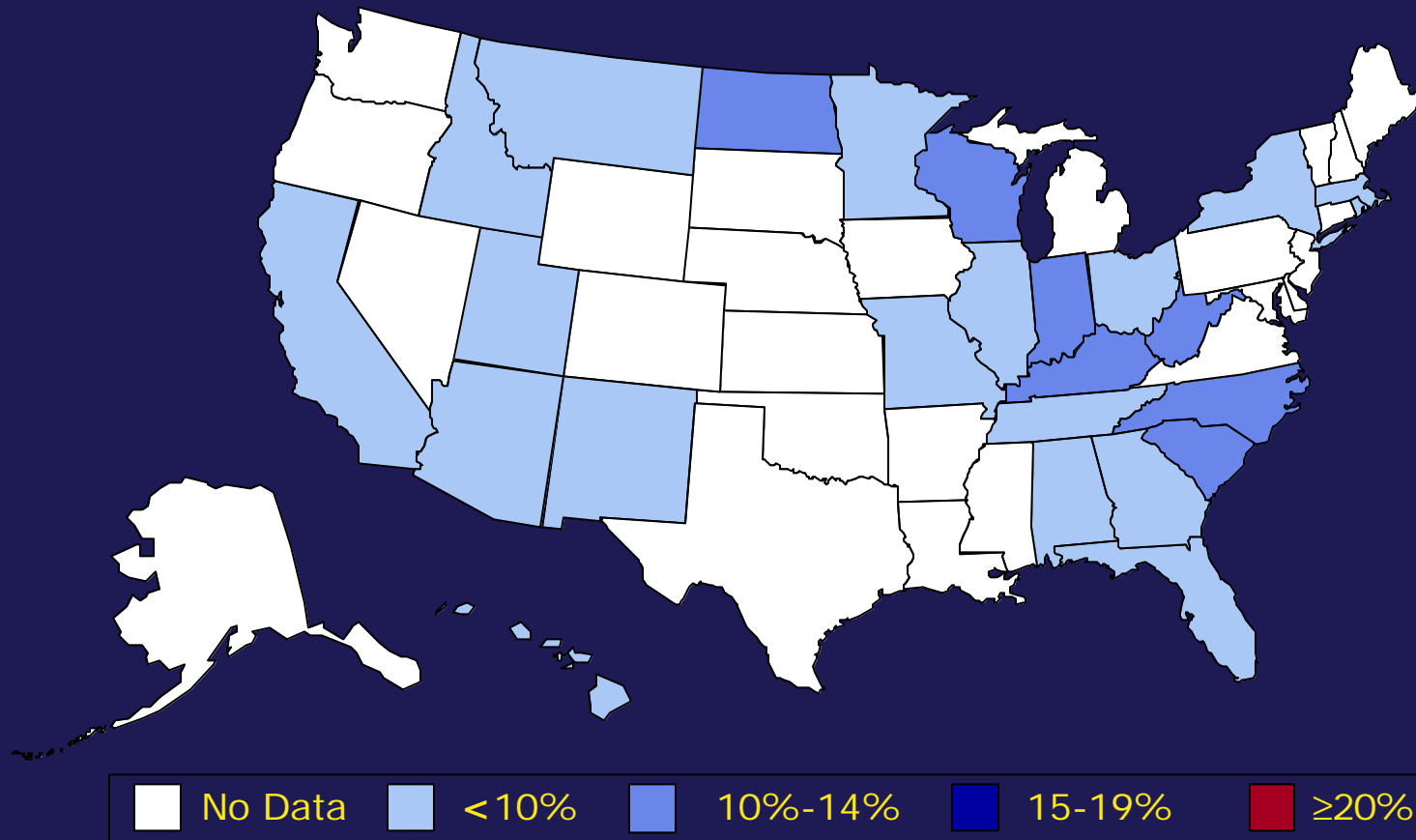
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Obesity Trends* Among U.S. Adults BRFSS, 1986

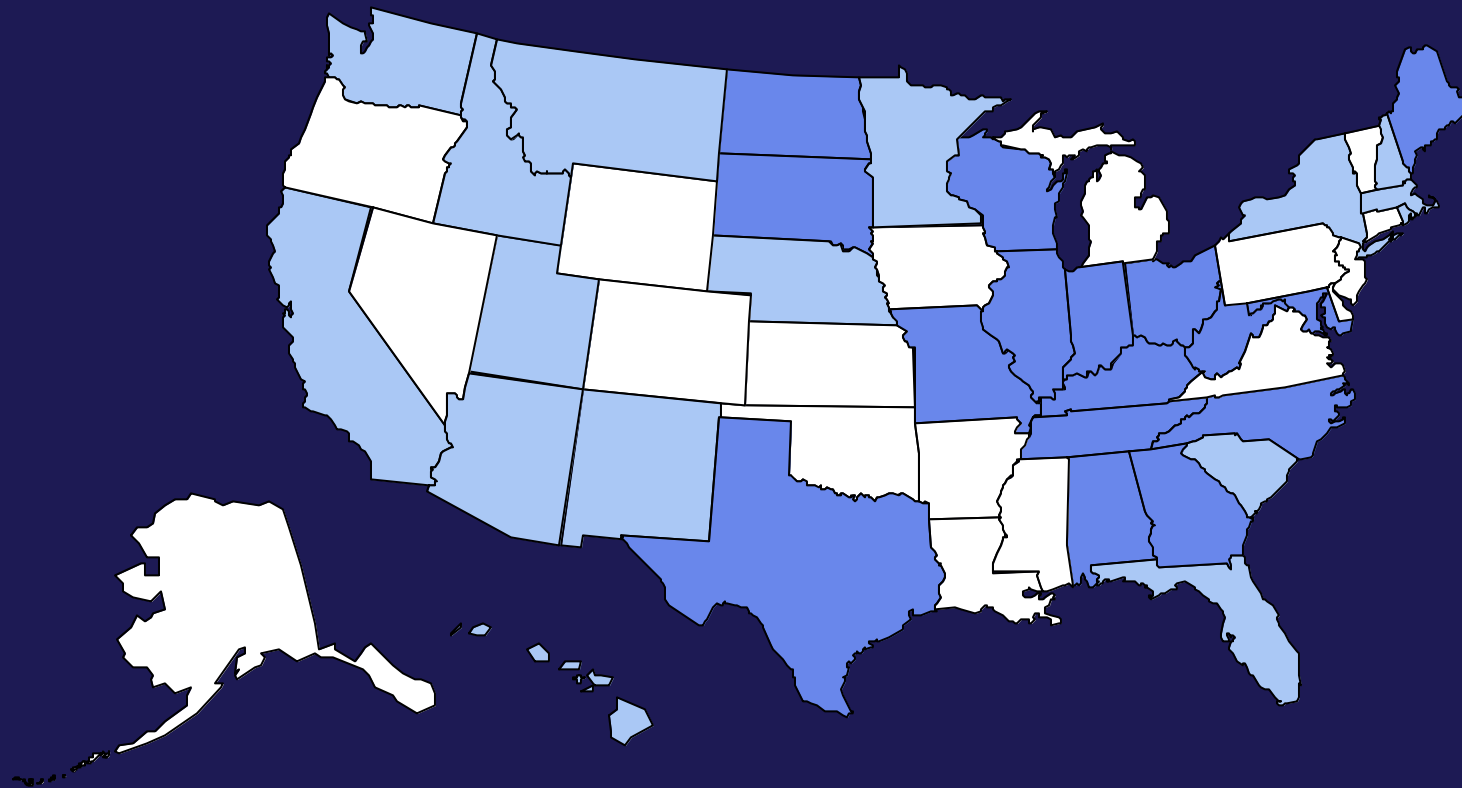
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Obesity Trends* Among U.S. Adults BRFSS, 1987

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



■ No Data ■ <10% ■ 10%-14% ■ 15-19% ■ ≥20%

Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

BRFSS, 1988

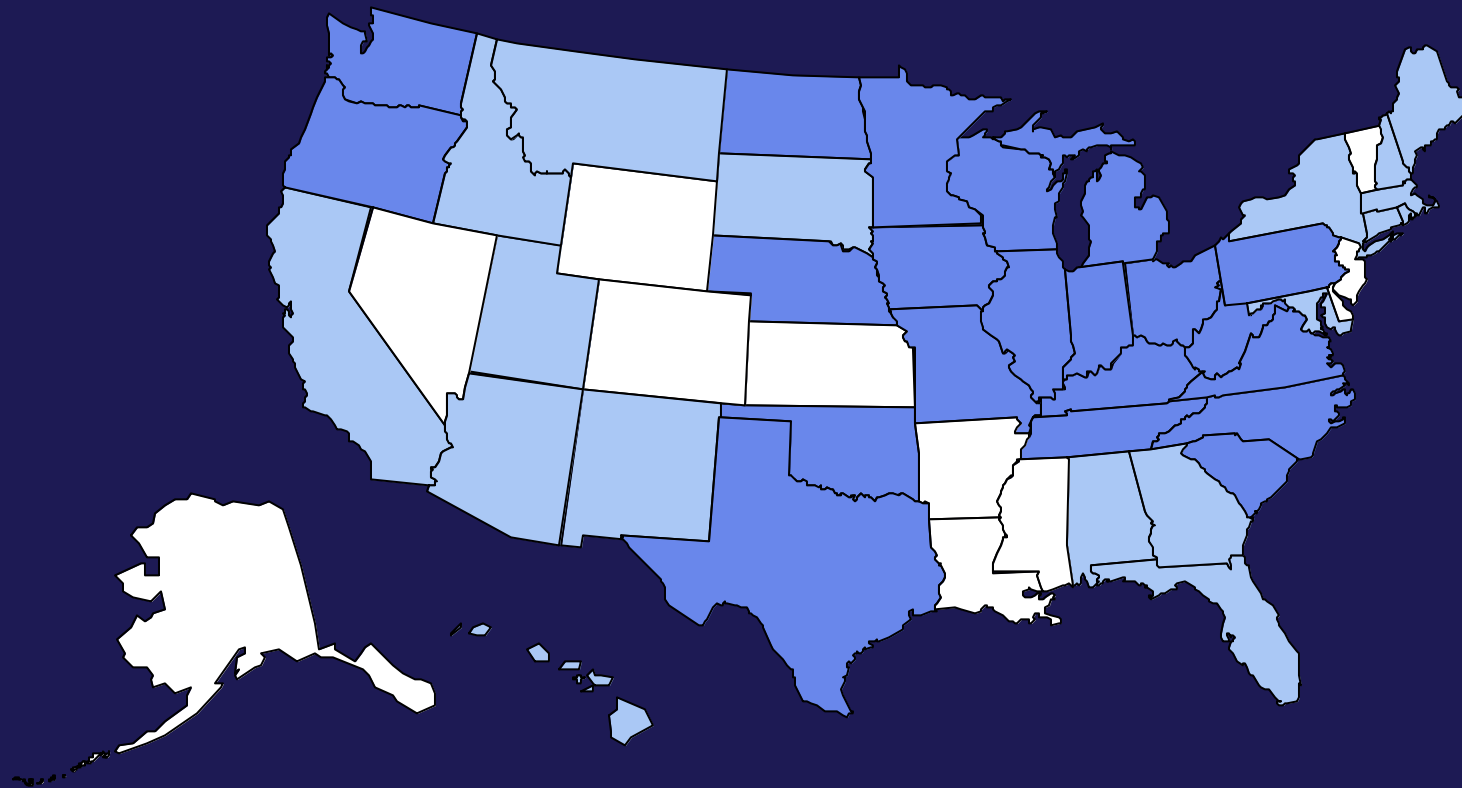
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Obesity Trends* Among U.S. Adults BRFSS, 1989

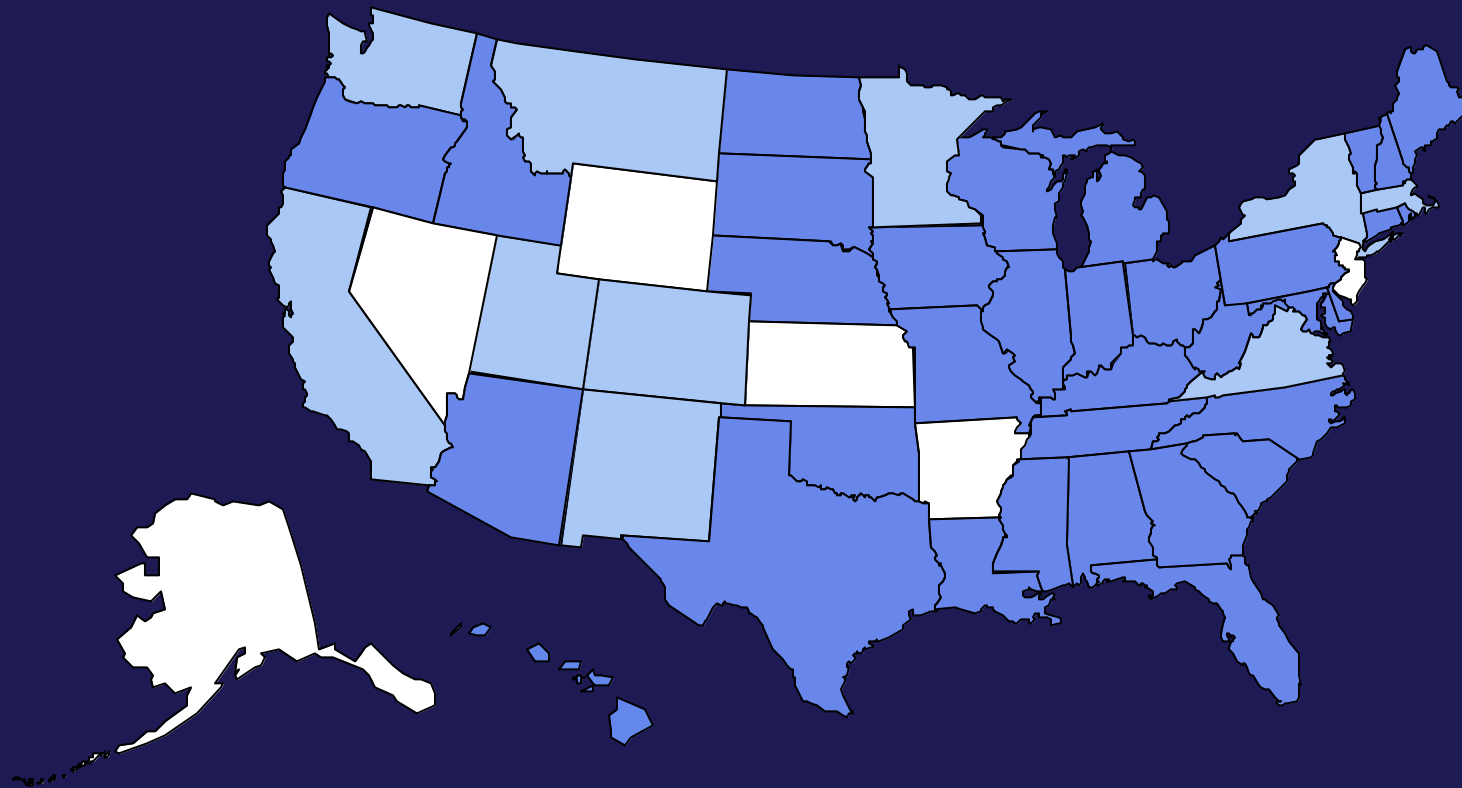
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Obesity Trends* Among U.S. Adults BRFSS, 1990

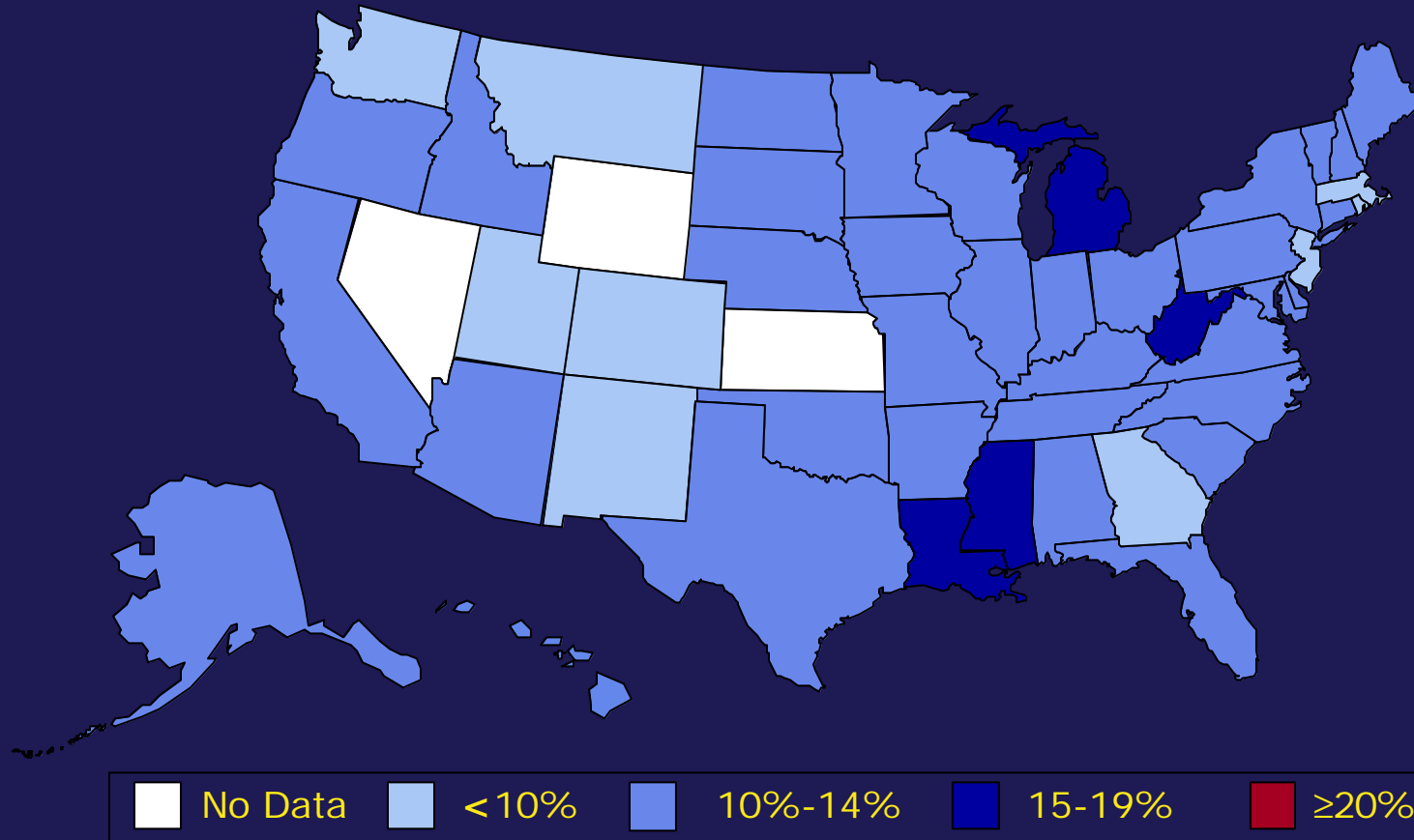
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Obesity Trends* Among U.S. Adults BRFSS, 1991

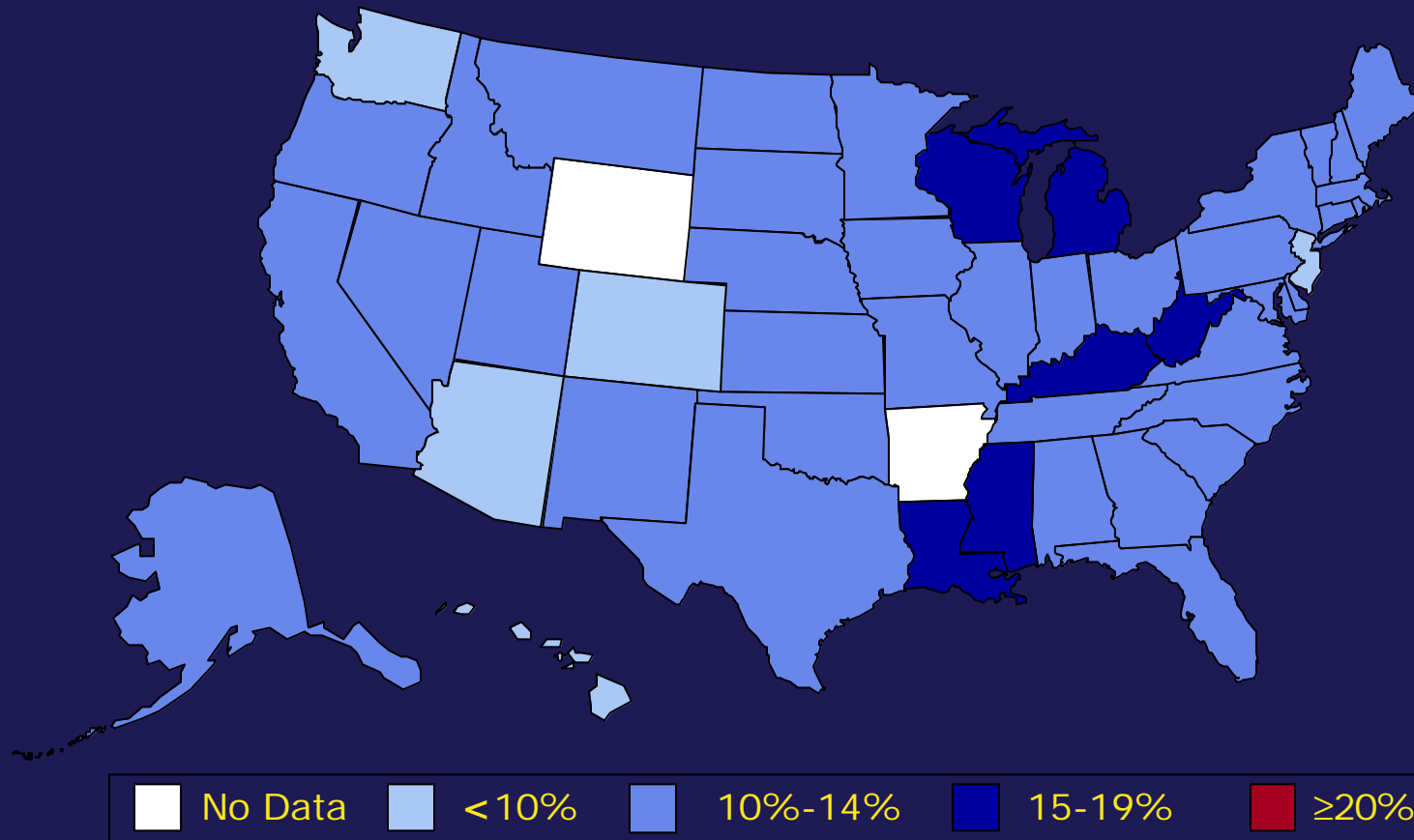
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Obesity Trends* Among U.S. Adults BRFSS, 1992

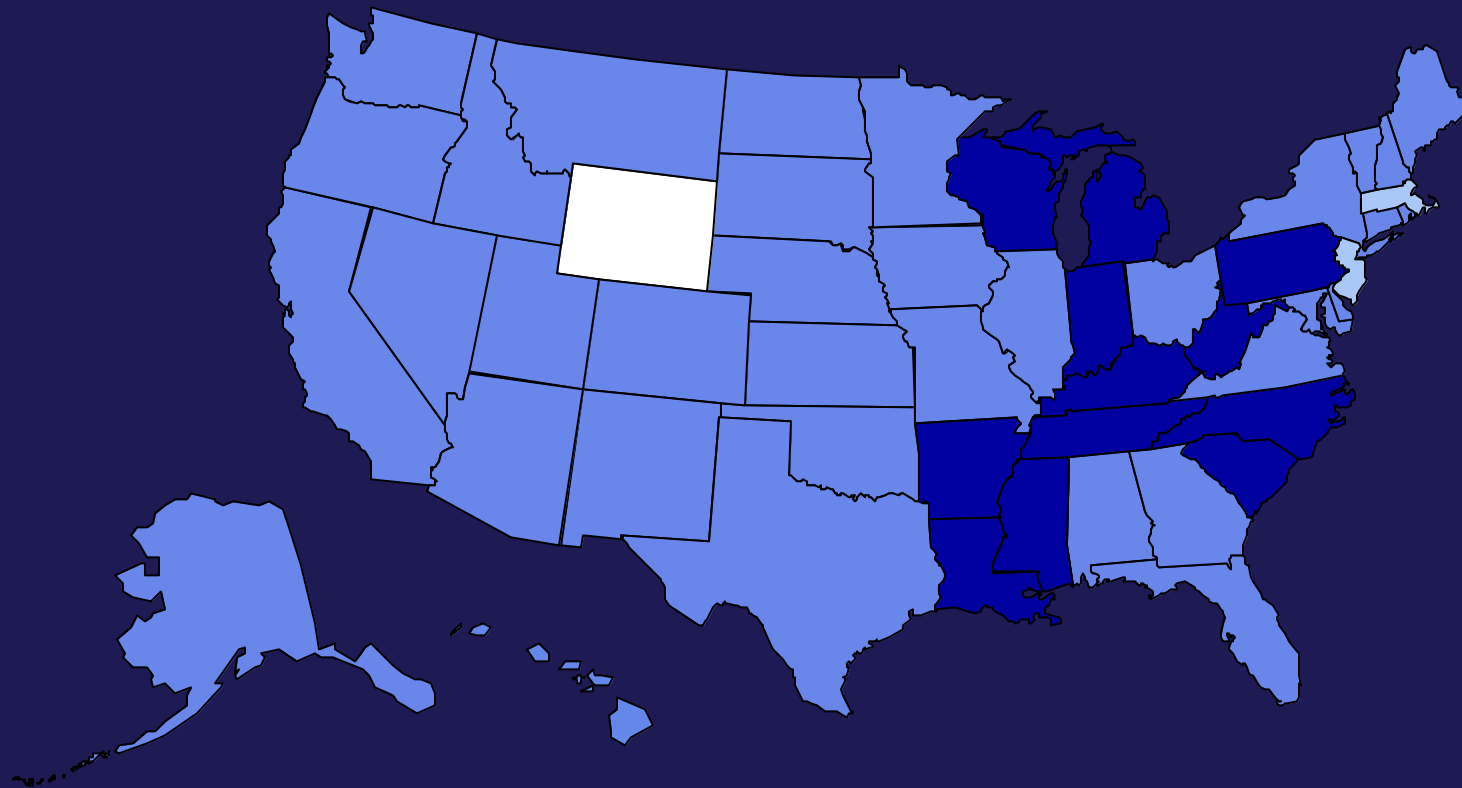
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Obesity Trends* Among U.S. Adults BRFSS, 1993

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

BREFSS, 1994

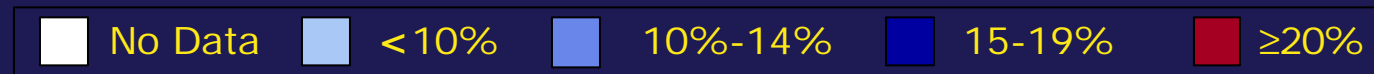
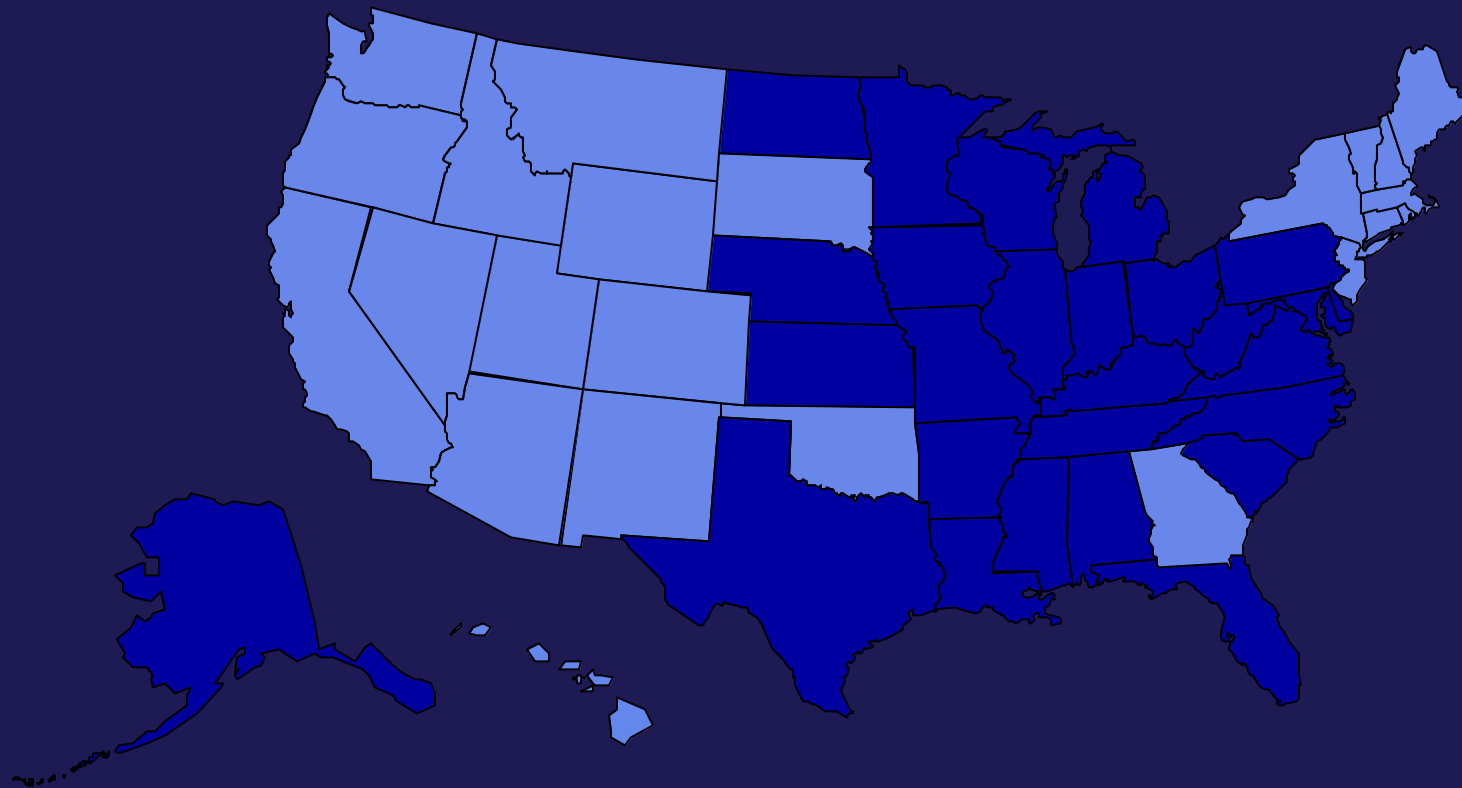
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Obesity Trends* Among U.S. Adults BRFSS, 1995

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)

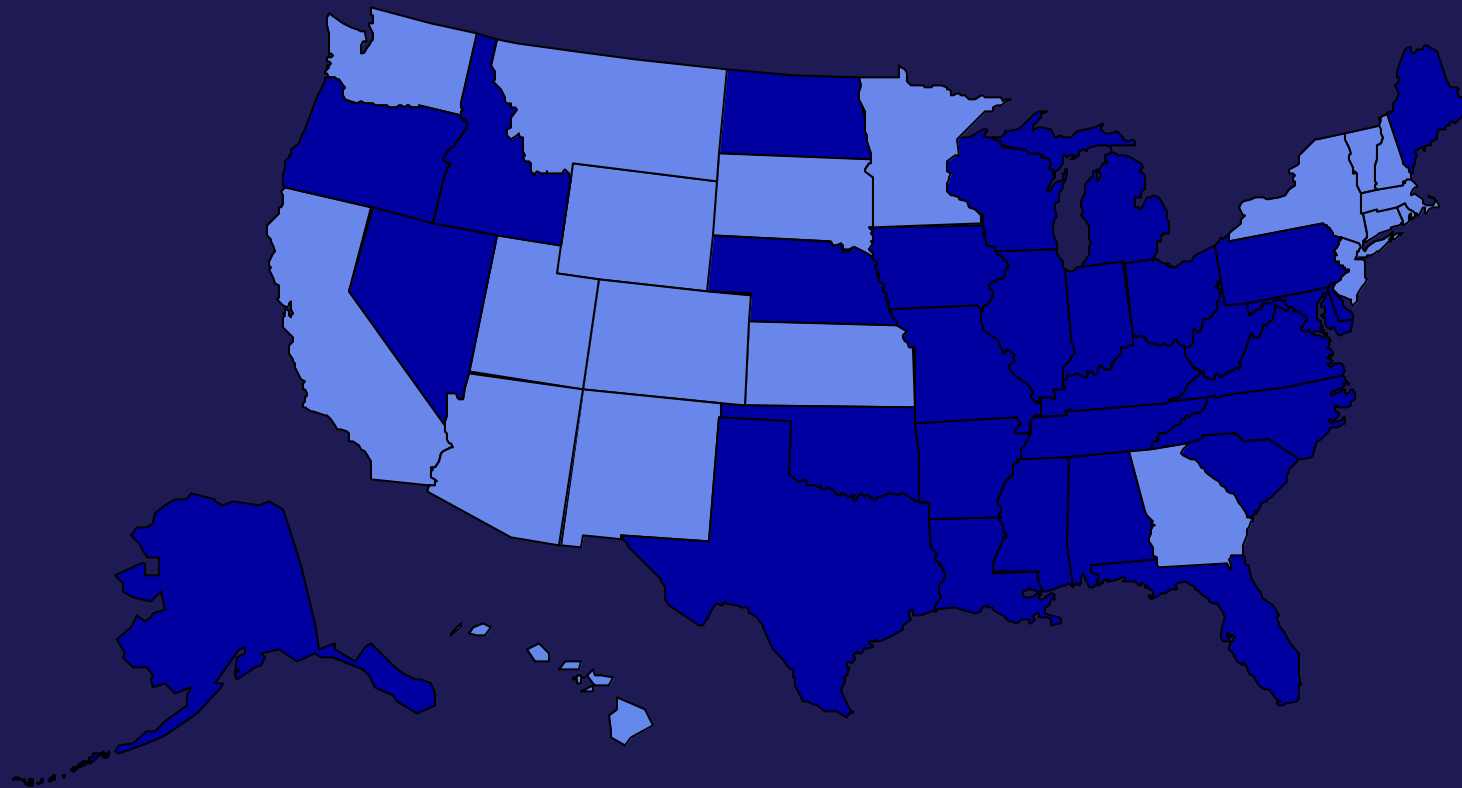


Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Obesity Trends* Among U.S. Adults

BRFSS, 1996

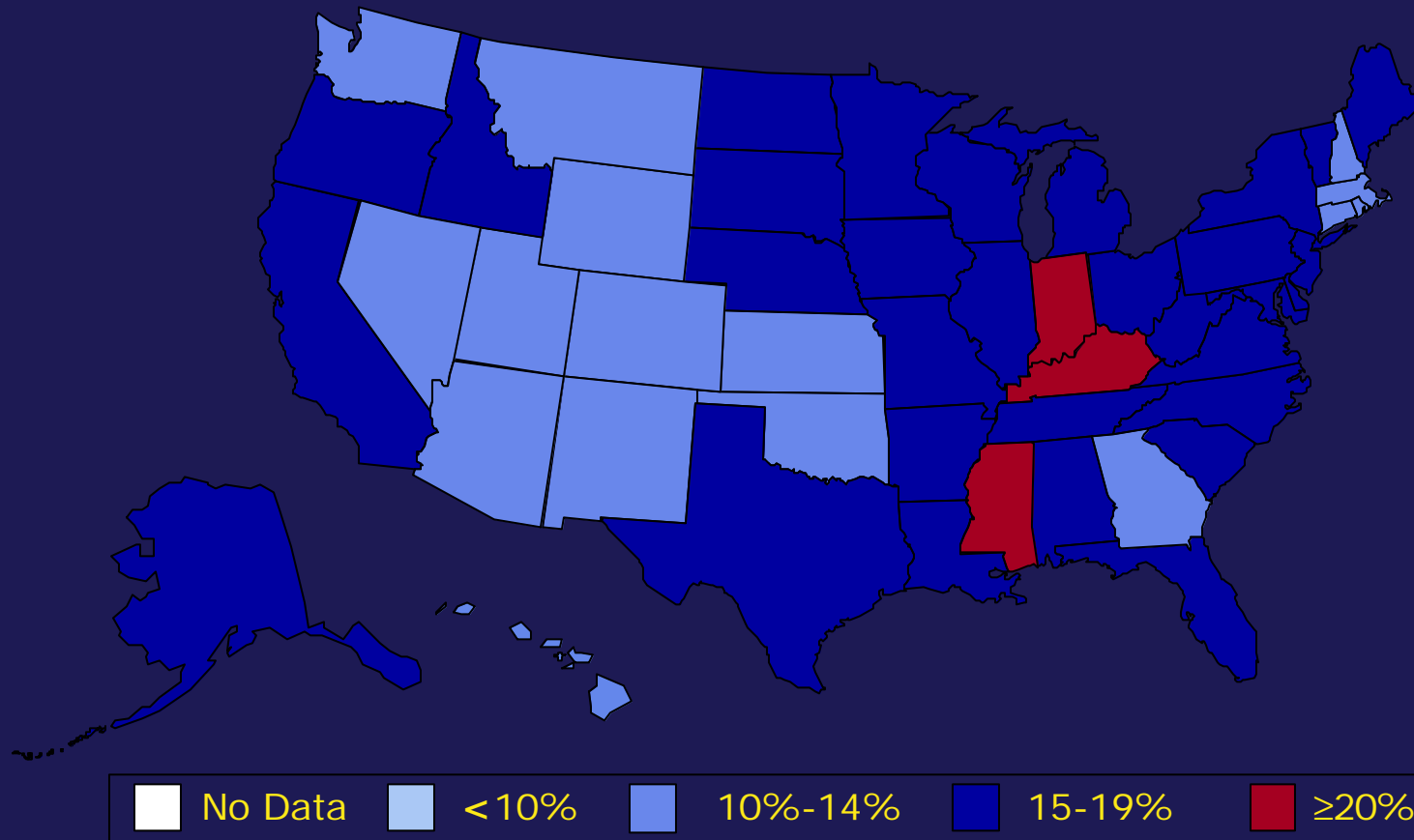
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Obesity Trends* Among U.S. Adults BRFSS, 1997

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

BRFSS, 1998

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

BREFSS, 1999

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)

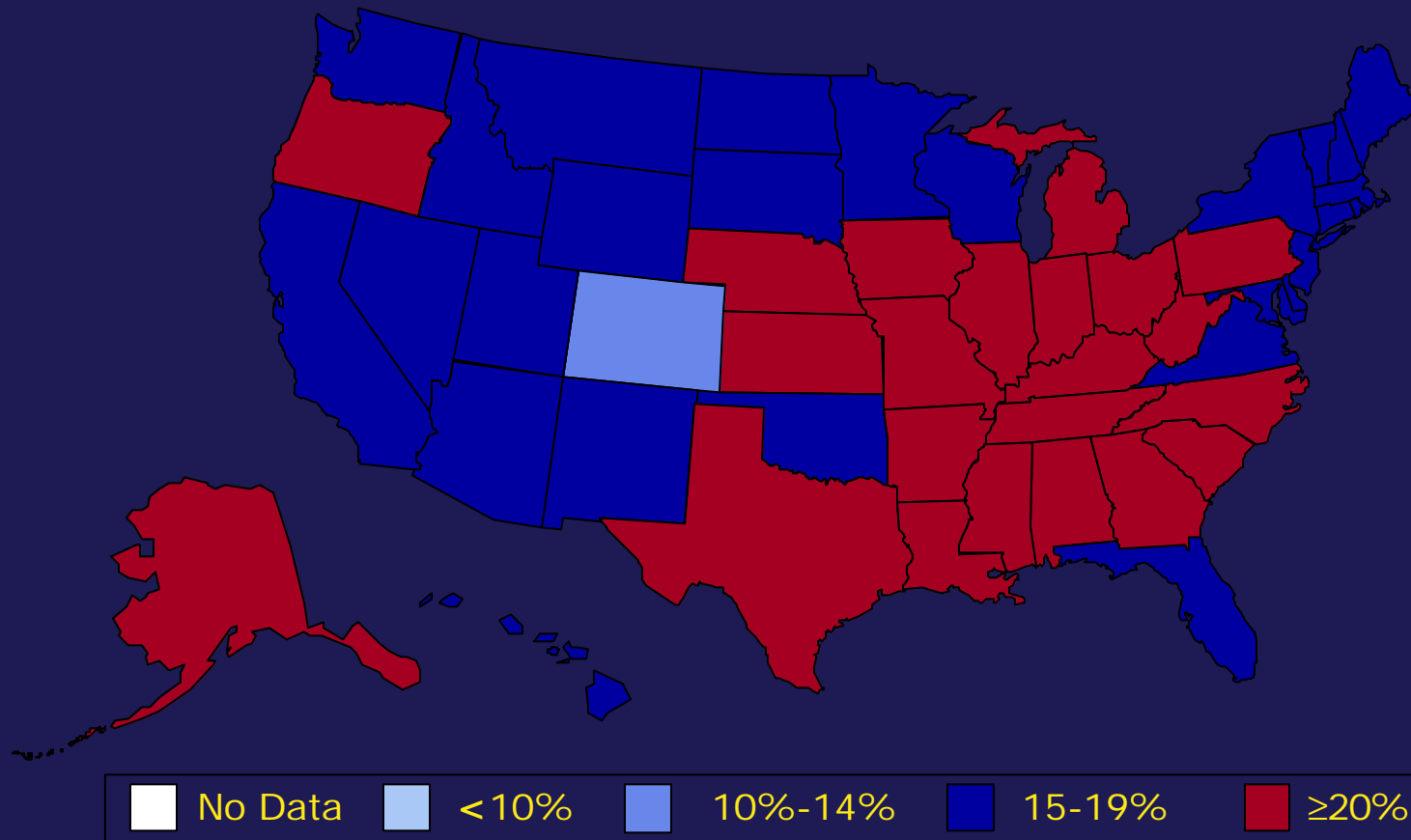


Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Obesity Trends* Among U.S. Adults

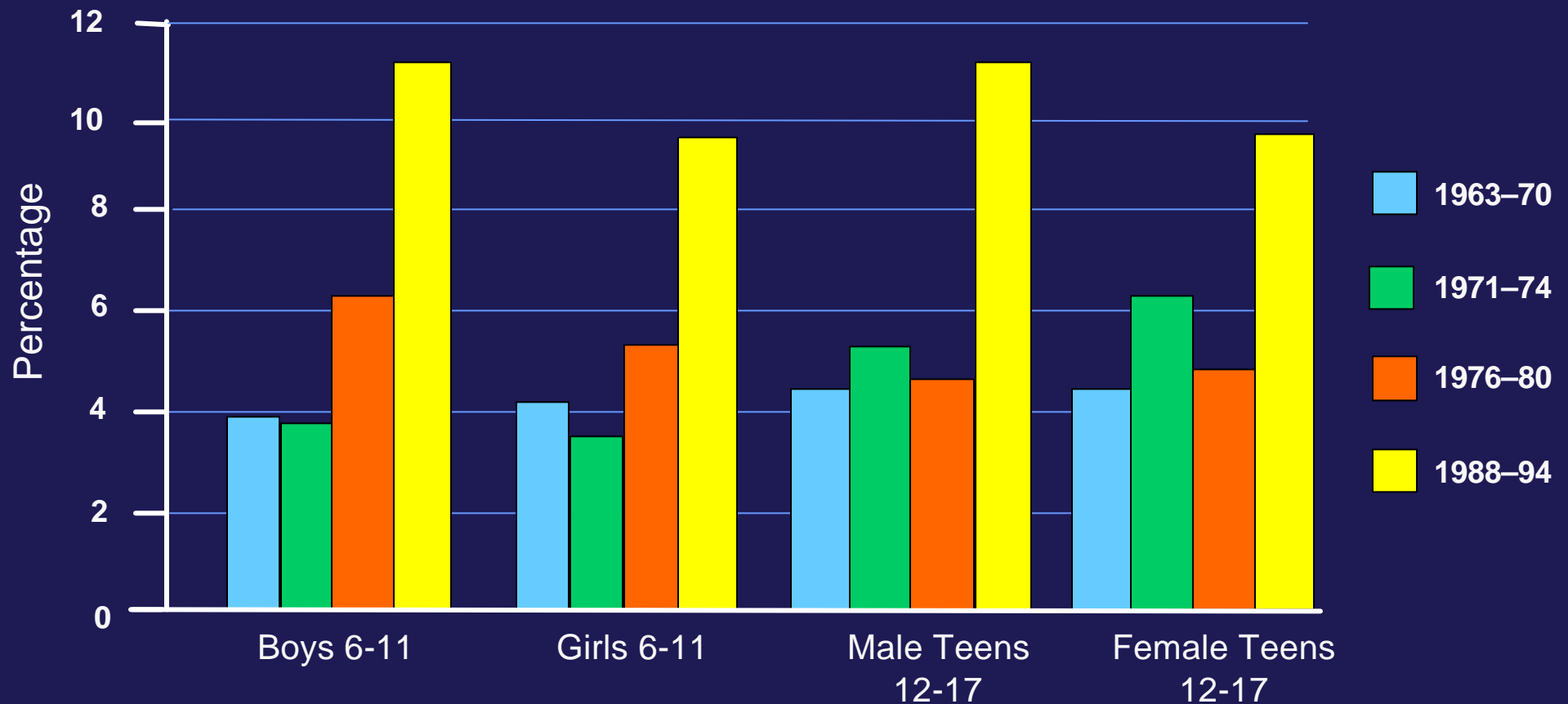
BRFSS, 2000

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



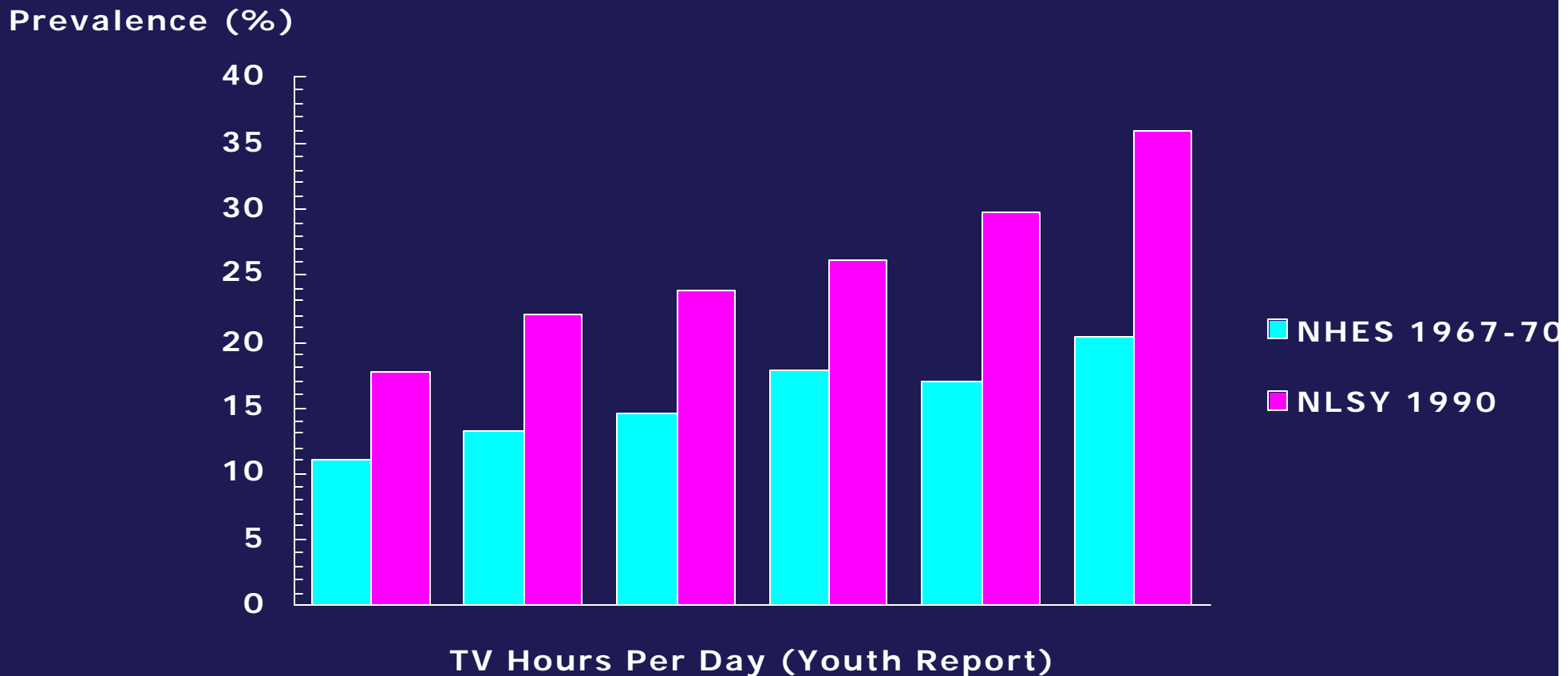
Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Percentage of Overweight Children and Teens



Source: Troiano et al. Pediatrics. 1998; 101;497-504

Prevalence of Obesity by Hours of TV per Day: NHES Youth Aged 12-17 in 1967-70 and NLSY Youth Aged 10-15 in 1990



DIABETES

It Strikes
 16 Million
 Americans

Are You
 at Risk?

Computer drawing of a human insulin molecule

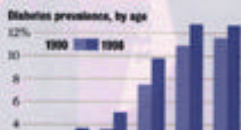
SOCIETY

An American Epidemic

Diabetes

The silent killer: Scientific research shows a 'persistent explosion' of cases—especially among those in their prime
 BY JERRY ADLER AND CLAUDIA KALB

SOMETHING TERRIBLE WAS HAPPENING TO YOLANDA BENITEZ'S eyes. They were being poisoned; the fragile capillaries of the retina attacked from within and were leaking blood. The first symptoms were red lines, appearing vertically across her field of vision; the lines multiplied and merged into a haze that shut out light entirely. "Her blood vessels inside her eye were popping," says her daughter, Jannette Roman, a Chicago college student. Benitez, who was in her late 40s when the problem began four years ago, was a cleaning woman, but she's had to stop working. After five surgeries, she has regained vision in one eye, but the other is completely useless. A few weeks ago, awakening one night in a hotel bedroom, she walked into a door, setting off a paroxysm of pain and nausea.

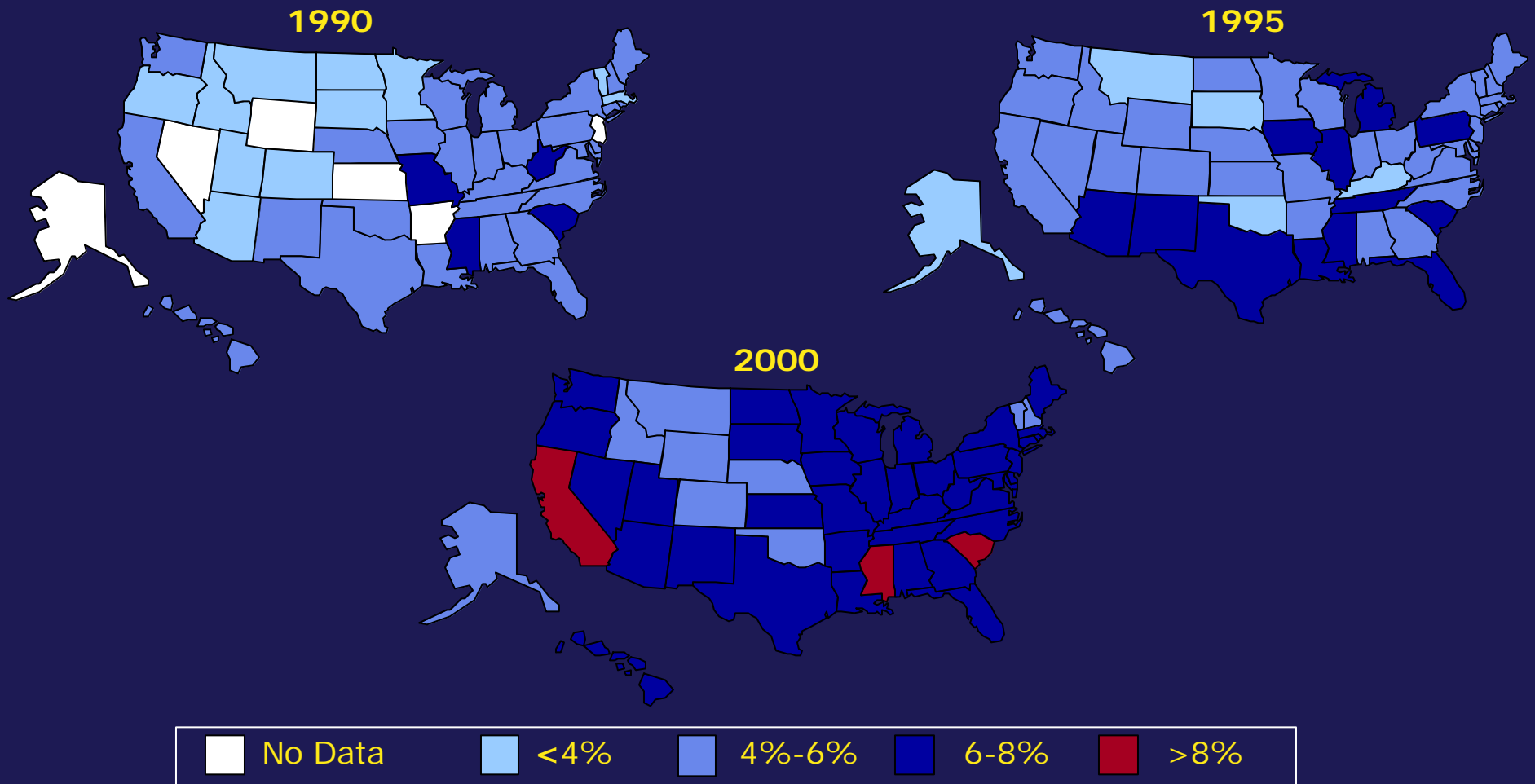


Heredity

Genes help determine whether you'll get diabetes. In many families, multiple generations are struck. But heredity is not destiny—especially if you eat well and exercise.

FAMILY PLAZA: Benitez (left) and Roman, Benitez's mother and two brothers died from complications of the disease.

Diabetes Trends* Among Adults in the U.S., (*Includes Gestational Diabetes) BRFSS 1990, 1995 and 2000



Source: Mokdad et al., Diabetes Care 2000;23:1278-83; J Am Med Assoc 2001;286:10.



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Health & Science

09/09/2001 - Updated 10:33 PM ET

Walking, dropping weight cuts diabetes risk in half

By Anita Manning, USA TODAY

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Researchers have stopped a large diabetes-prevention study a year ahead of schedule because it became clear that what they suspected is true: Moderate exercise and diet changes can reduce the chance of developing the most common form of diabetes, even in people at highest risk.

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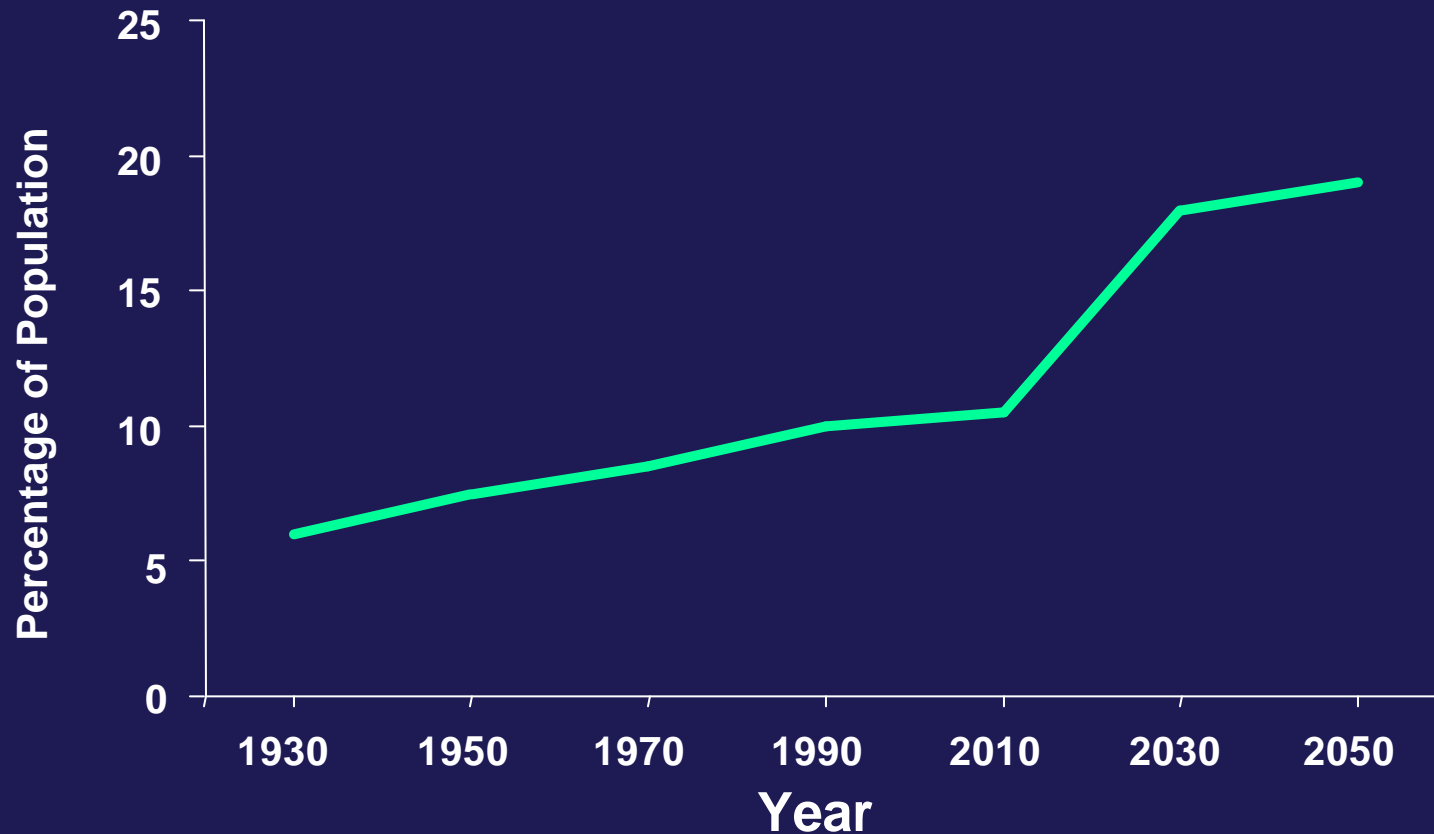
The study, whose early termination was announced Wednesday by Health and Human Services Secretary Tommy Thompson, also found that treatment with the insulin-sensitizing drug metformin reduces the risk of type 2 diabetes, though to a lesser degree.

More on diabetes

- [Diabetes Q&A](#)
- [Complications come with a high price](#)
- [Index to archived stories](#)

An Aging Population

Percentage of U.S. Population over Age 65



Source: From Baby Boom to Elder Boom: Providing Health Care for an Aging Population
Copyright 1996, Watson Wyatt Worldwide.

Growth in National Health Expenditures 1980–2000

	1980	1993	1998	2000	2011*
Total NHE (B)	246	888	1150	1300	2815
Nursing Home and Home Health Costs (B)	20	88	123	125	237
Per Capita Costs (\$)	1067	3371	4177	4637	9216
% of GDP	8.8	13.4	13.1	13.2	17.0

Source: Levit et al. Health Affairs 2002;21:172–181.

*Projection from Heffler et al. Health Affairs 2002;21:207–218.

Predicted Likelihood of Developing Coronary Heart Disease, Stroke or Diabetes by Age 65

Men, Aged 50

Non Smoker Normal Weight Active	Smoker Heavy Inactive	Ratio
<hr/>	<hr/>	<hr/>
11%	58%	5.5

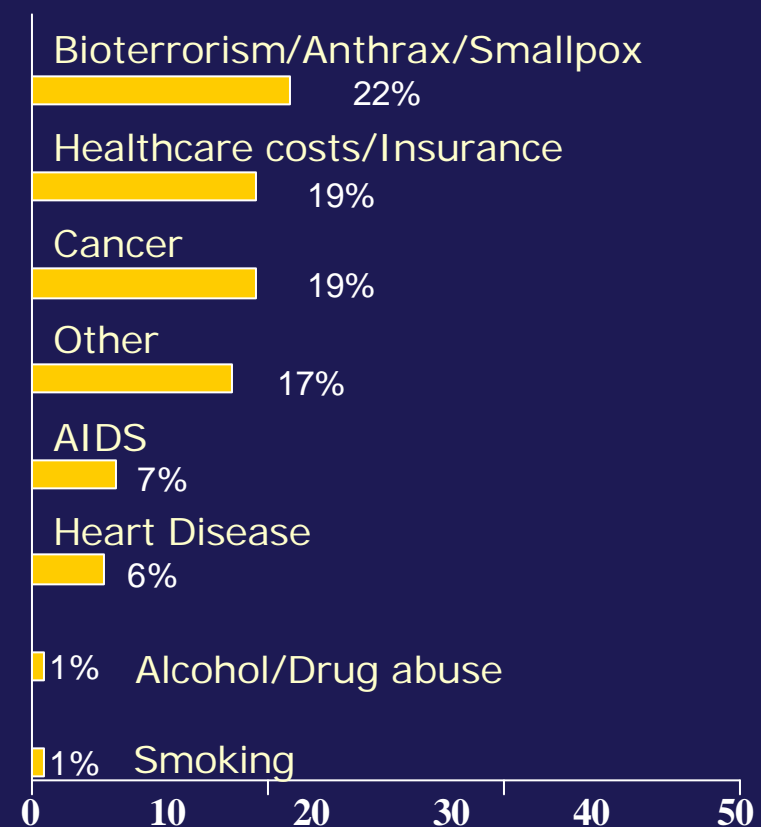
Source: Jones et al., Arch Intern Medicine, 1998; Vol 2436

Americans' Views of the Most Important Health Problems, 2001

Percent saying issue is one of the two or three most **important** health problems:



Percent saying issue is one of the two or three most **urgent** health problems:



Note: Sums up to more than 100% because each respondent was asked to give up to three different answers.

HSPH/RWJF/ICR poll, November/December 2001

Gallup poll, November 8–11, 2001

Medicaid Disease Management Program (sponsored by OMPP & ISDH)

